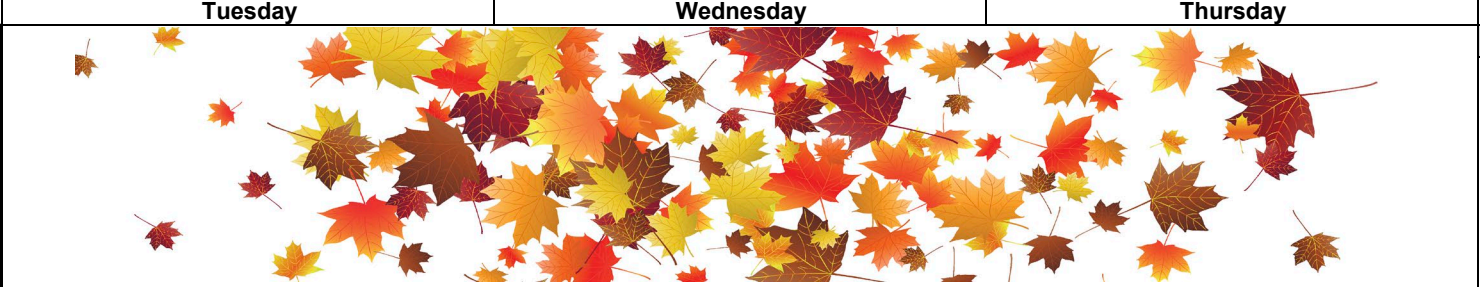



Friendly Fork Menu - September 2023

*Contains nuts or may not be suitable for individuals with a nut allergy

Monday		Tuesday		Wednesday		Thursday		Friday			
<p>Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal</p>										<p>1</p>	
										<p>Beef & Broccoli Stir Fry with Vegetable Brown Rice Pilaf and Side of Soy Sauce, Fresh Fruit Mix, Salted Nuts*, 1% Milk</p>	
<p>4</p>  <p>*CLOSED*</p>		<p>5</p> <p>Salisbury Steak & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Steamed Peas, Diced Cantaloupe, 1% Milk</p>		<p>6</p> <p>Beef & Pork Stew over Biscuit, Green Bean Almondine*, Banana, Chia Pudding, 1% Milk</p>		<p>7</p> <p>Chicken Breast with Gravy, Baked Potato with Side of Butter & Sour Cream, 3 Bean Salad, Blueberries, Molasses Cookie, 1% Milk</p>		<p>8</p> <p>Krautburger with Side of Mustard, Potato Salad, Steamed Broccoli & Cauliflower, Cinnamon Applesauce, 1% Milk</p>			
<p>Calories 744 kcal Carbs 86 gm Fiber 10 gm Protein 40 gm Fat 22 gm Sodium 976 mg</p>		<p>Calories 756 kcal Carbs 106 gm Fiber 12 gm Protein 33 gm Fat 25 gm Sodium 1166 mg</p>		<p>Calories 723 kcal Carbs 83 gm Fiber 10 gm Protein 41 gm Fat 20 gm Sodium 653 mg</p>		<p>Calories 877 kcal Carbs 111 gm Fiber 12 gm Protein 48 gm Fat 25 gm Sodium 738 mg</p>					
<p>11</p> <p>Roasted Tilapia with Lemon Butter Sauce, Scalloped Potatoes, Turnip Vegetable Medley, Apple Slices, 5 Layer Dessert Bar*, 1% Milk</p>		<p>12</p> <p>Chicken Parmesan over Whole Wheat Penne Pasta with Marinara, Caesar Salad, Watermelon, Chocolate Chip Cookie, 1% Milk</p>		<p>13</p> <p>Hamburger on Bun with Lettuce, Onion, Tomato, Pickles, Side of Mayo, Mustard & Ketchup, Roasted Sweet Potatoes, Peas & Carrots, Pineapple, 1% Milk</p>		<p>14</p> <p>Beef Shepherd's Pie, Wheat Roll with Butter, Cheesy Cauliflower, Mixed Fresh Fruit, Carrot Cake, 1% Milk</p>		<p>15</p> <p>Fried Pork Cutlet with Country Gravy, BBQ Baked Beans, Buttermilk Coleslaw, Banana, Lemon Crumb Bar, 1% Milk</p>			
<p>Calories 882 kcal Carbs 114 gm Fiber 11 gm Protein 40 gm Fat 29 gm Sodium 856 mg</p>		<p>Calories 734 kcal Carbs 91 gm Fiber 11 gm Protein 43 gm Fat 22 gm Sodium 874 mg</p>		<p>Calories 895 kcal Carbs 88 gm Fiber 11 gm Protein 33 gm Fat 44 gm Sodium 955 mg</p>		<p>Calories 773 kcal Carbs 99 gm Fiber 7 gm Protein 38 gm Fat 19 gm Sodium 1204 mg</p>		<p>Calories 724 kcal Carbs 89 gm Fiber 15 gm Protein 45 gm Fat 29 gm Sodium 765 mg</p>			
<p>18</p> <p>Beef Tacos on Whole Wheat Tortillas with Cheese, Lettuce, Tomato, Side of Salsa & Sour Cream, Black Beans, Mixed Fresh Fruit, Chocolate Chip Cookie, 1% Milk</p>		<p>19</p> <p>Pork Loin with Mushroom Gravy, Brown Sugar Glazed Sweet Potatoes, Beet Cucumber Salad, Fresh Fruit Mix, Ginger Pear Crisp, 1% Milk</p>		<p>20</p> <p>Chicken & Dumplings, Corn Bread with Butter, Garlic Roasted Green Beans, Orange Slices, 1% Milk</p>		<p>21</p> <p>French Dip Sandwich with Side of Au Jus, Broccoli/ Olive/ Sundried Tomato Salad, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk</p>		<p>22</p> <p>Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Corn O'Brien, Mandarin Oranges, 1% Milk</p>			
<p>Calories 941 kcal Carbs 95 gm Fiber 11 gm Protein 47 gm Fat 29 gm Sodium 1064 mg</p>		<p>Calories 778 kcal Carbs 103 gm Fiber 10 gm Protein 35 gm Fat 23 gm Sodium 1032 mg</p>		<p>Calories 742 kcal Carbs 91 gm Fiber 10 gm Protein 34 gm Fat 22 gm Sodium 1014 mg</p>		<p>Calories 799 kcal Carbs 109 gm Fiber 11 gm Protein 40 gm Fat 22 gm Sodium 942 mg</p>		<p>Calories 939 kcal Carbs 94 gm Fiber 10 gm Protein 34 gm Fat 36 gm Sodium 939 mg</p>			
<p>25</p> <p>Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Chicken Noodle Soup with Crackers, Capri Mixed Vegetables, Pear, 1% Milk</p>		<p>26</p> <p>Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Apple Crisp, 1% Milk</p>		<p>27</p> <p>Austrian-Style Pork over Garlic Mashed Potatoes, Wheat Roll with Butter, Peas/ Mushrooms/ Bacon/ Onion Saute, Mixed Fresh Fruit, 1% Milk</p>		<p>28</p> <p>Turkey & Cheddar Sandwich with Lettuce, Tomato, Side of Mustard & Mayo, Mandarin Orange Spinach Salad with Pumpkin Seeds*, Oil & Vinegar Dressing, Banana, Chia Pudding, 1% Milk</p>		<p>29</p> <p>Herb Baked Chicken with Gravy, Balsamic Roasted Brussels Sprouts, Vegetables/ Black Olives/ Parmesan Pasta Salad, Grapes, Orange Vanilla Chia Pudding, 1% Milk</p>			
<p>Calories 675 kcal Carbs 94 gm Fiber 12 gm Protein 37 gm Fat 16 gm Sodium 1137 mg</p>		<p>Calories 731 kcal Carbs 94 gm Fiber 10 gm Protein 40 gm Fat 16 gm Sodium 1082 mg</p>		<p>Calories 905 kcal Carbs 86 gm Fiber 10 gm Protein 40 gm Fat 39 gm Sodium 635 mg</p>		<p>Calories 977 kcal Carbs 107 gm Fiber 12 gm Protein 47 gm Fat 41 gm Sodium 1060 mg</p>		<p>Calories 797 kcal Carbs 81 gm Fiber 11 gm Protein 53 gm Fat 29 gm Sodium 826 mg</p>			



Friendly Fork Meal Schedule

Monday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Fort Lupton	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th St	970-350-9440
Greeley Senior Housing	1717 30 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500

Tuesday

Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-2739
Evans	1100 37 th St	970-475-1132
Kersey	215 2 nd St	970-353-1681 ext 2
LaSalle	101 Todd Ave	970-284-0900
Lochbuie	501 Willow Drive	303-659-8262
Wattenberg	1958 Grace Ave (Fort Lupton)	970-400-6955
Windsor	250 N. 11 th St	970-674-3500

Wednesday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Eaton	1675 3 rd St	970-454-1070
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th St	970-350-9440
Hill 'N Park	4205 Yosemite Drive	970-400-6955
Johnstown	101 W. Charlotte	970-587-5251
Rodarte	920 A St	970-400-6955
Windsor	250 N. 11 th St	970-674-3500

Thursday

Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-2739
Erie	450 Powers St	303-926-2795
Greeley Senior Housing	1717 30 th St	970-400-6955
Kersey	215 2 nd St	970-353-1681 ext 2
Mead	109 3rd St	970-400-6955
Nunn	775 3 rd St	970-897-2459
Pierce	221 Main Ave	970-834-2655
Rodarte	920 A St	970-400-6955
Windsor	250 N. 11 th St	970-674-3500

Friday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Evans	1100 37 th St	970-475-1132
Greeley Active Adult Center	1010 6th St	970-350-9440
Greeley Manor	1000 13 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500